

W.F. Recreation Center
10th & Indiana
Phone: (940) 761-8887



On the web at www.wichitafalltx.gov & on facebook at 50 Plus Zone of WF

*****ATTENTION: ALL MEMBERS MUST SCAN THEIR MEMBERSHIP CARD IN AT THE DESK ON EVERY VISIT!*****

NEW Hours:
Monday through Friday
7:30 a.m. - 7:30 p.m.

Issue 205

City of Wichita Falls Parks & Recreation

March 2015

**MARCH
BIRTHDAY
PARTY & BRUNCH**
Tues. Mar. 3rd
10:30am
Zone Social Room

Menu: Bacon, egg &
cheese breakfast
casserole, fresh fruit
& fruit juice

STERLING HOUSE
BROOKDALE SENIOR LIVING

**WAKE UP WITH
ROYAL ESTATES &
Hospice of WF
FREE
Biscuits, Gravy & Sausage BREAKFAST**
Wednesday, Mar. 11th
9:00 am at the 50 + Zone

Fitness Classes

Classes Held in Room 201

"Morning Workout"
9-10 am Mon- Fri.

"Zumba"
10-11 am Mon& Wed.

"Walking Workout"
8:30-9 am Mon, Wed, Fri
& Tues, Thurs, Fri. 10-10:30 am

"Gentle Yoga"
10:30-11am Mon. Wed & Fri.

"Evening Zumba Gold"
5:15 pm Tues & Thurs
Room 202 (Poker room)

Chair Exercise Classes
Held in room 208B (movie
room)

"Chair Yoga"

9 am Mon, Wed, Fri

"Chair Pilates"

9 am Tues & Thurs

"Stronger Seniors"

10:30 am Mon thru Friday

**BINGO at the Zone
Cash Bingo**

**Fridays
2:00 pm**

FREE! PRIZE



TUESDAY, Mar. 3rd & 17th
9:00 - 10:00 am - ROOM 216

Sponsored by:

BEST CARE HOME HEALTH

TUESDAY, Mar. 10th & 24th
9:00 - 10:00 am - ROOM 216

Sponsored by:

**Senior Care Health
& Rehabilitation Center**

Fridays at 9 am

Sponsored by:
Horizon Bay

Volunteer Appreciation Lunch

Cost: \$3 per person

Volunteers: **FREE** with Invitation

Wed., Mar. 25th 11:30 am -12:30 pm

Zone Ballroom

A luncheon to honor the many
Volunteers that make the programs at the
50 Plus Zone possible
(deadline to sign up: Mar. 23rd)

Menu: spaghetti with meat sauce,
warm garlic bread, tossed salad,
assorted cupcakes & iced tea

The Circuit Training Room

has MOVED!! Its new address is

Room 203- Around the back hallway

NEW at the Zone!!!!

Drumming for Fitness!

**A NEW workout to help get in shape,
release tension, & enjoy music!**
**Classes held in Room 203
(New Circuit Room)**
**Mon & Thurs. at 1:30 pm
& Wed. 5:15 pm**

COMMUNITY CLASSROOM:

Monday, March 16th - 10am

50 + Zone Ballroom 216

Topic: "Strong Bones & Muscles for Healthy Aging"

Presented by: Specialty Nurses

FREE Bridge Lessons
Tuesdays
1:30 pm Room 212



TUESDAYS

1:30 pm & 5:15pm

Mar. 3rd

"Alexander & the Terrible, No
Good, Very Bad Day"

Rated PG-81 min.

Mar. 10th

"The Best of Me"

Rated PG-13 - 111 min.

Mar. 17th

"Night at the Museum: Secret of
the Tombs"

Rated PG-13 - 107 min.

Mar. 24th

"Get On Up"

Rated PG-13-139 min

Mar. 31st

"St. Vincent"

Rated PG-13-102 min

THURSDAYS

1:30 pm & 5:15 pm

Mar. 5th

"Whiplash"

Rated "R" 95 min.

Mar. 12th

"Honor Flight"

Presented by Hospice of WF

Rated: PG- 89 min

Mar. 19th

"The Theory of
Everything"

Rated PG-13-123 min

Mar. 26th

"Big Hero 6"(animated)

Rated PG -90 min.

NEW RELEASE FRIDAY

1:30 pm & 5:15 pm

Mar. 6th

"Fury"

Rated "R"-134 min

Mar. 13th

"Lucy"

Rated "R"-90 min.

Mar. 20th

"Hunger Games: Mocking
Jay Part 1"

Rated PG-13-123 min.

Mar. 27th

"After The Fall"

Rated "R"-110 min



NEW HOURS

Come sing with us 3 times a week!

Mondays 2:00 - 4:30 pm

Tuesdays 2:45 - 4:30 pm

Thursdays 1:30 - 4:00 pm